

## Turkey Ala King100

Number of Servings: 100 (238.5 g per serving)

Amount	Measure	Ingredient
20.00	lb	Turkey, avg, breast, w/skin, rstd
4.00	cup	Margarine, soft, hydrog & reg soybean oil, Gold n Soft
8.00	cup	Onion, white, fresh, chpd
9 1/2	cup	Flour, all purpose, white, bleached, enrich
2.00	tsp	Spice, pepper, black
6.00	qt	Broth, chicken, low sod, cnd
4 3/4	qt	Milk, 1%, w/add vit A & D
1 1/3	cup	Peppers, bell, green, sweet, fresh, chpd
1.00	cup	Pimentos, cnd
4.00	cup	Mushrooms, cnd, drained, pces/slices

### Nutrients per serving

Nutrition Facts			
Serving Size (239g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 320</b>	<b>Calories from Fat 130</b>		
		% Daily Value*	
<b>Total Fat</b> 15g			<b>23%</b>
<b>Saturated Fat</b> 3.5g			<b>18%</b>
<b>Trans Fat</b> 0g			
<b>Cholesterol</b> 70mg			<b>23%</b>
<b>Sodium</b> 180mg			<b>8%</b>
<b>Total Carbohydrate</b> 14g			<b>5%</b>
<b>Dietary Fiber</b> 1g			<b>4%</b>
<b>Sugars</b> 3g			
<b>Protein</b> 30g			
<b>Vitamin A</b> 10%		<b>Vitamin C</b> 6%	
<b>Calcium</b> 8%		<b>Iron</b> 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Notes

- \* poundage for turkey above is for cooked EP
- \* white pepper may be preferred over black pepper listed above
- \* chicken broth may be prepared from low sodium or salt free chicken base

Dice chicken.

Melt margarine and add onions and saute until tender.

Add flour and pepper to onions. Stir and cook for 5 minutes. Add broth and milk, a little at a time at first, stirring constantly with wire whip. Cook until thickened.

Add green pepper, pimento and mushrooms to sauce.

Fold chicken gently into sauce. Heat to 170 degrees F.

Serve 6 oz (3/4 cup) with 6 oz ladle = 3 oz meat.

If you do not have a 6 oz ladle use 1 & 1/2 #8 scoops/serving.

Serve over biscuits, noodles or rice depending on the menu.